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## Man trapped in body for 23 years

**LOCKED IN** For 23 torturous years, Rom Houben says he lay trapped in his paralyzed body, aware of what was going on around him but unable to tell anyone or even cry out.

The car-crash victim had been diagnosed as being in a vegetative state but appears to have been conscious the whole time. An expert using a specialized type of brain scan that was not available in the 1980s finally realized it, and unlocked Houben's mind again.

The 46-year-old Houben is now communicating with one finger and a special touchscreen on his wheelchair.

"Powerlessness. Utter powerlessness. At first I was angry, then I learned to live with it," he said, punching the message into the screen during an interview with the Belgian RTBF network, aired yesterday. He has called his rescue his "renaissance."

THE ASSOCIATED PRESS

NHL



PHILIP MACCAGNI/GETTY IMAGES

Senators forward Milan Michalek tries to deke around Mike Green of the Washington Capitals in a game at Scotiabank Place last night. Ottawa came back from a 3-1 deficit to win 4-3 in overtime. Story, page 16.

## Charges laid in hotel standoff

TRACEY TONG  
[tracey.tong@metronews.ca](mailto:tracey.tong@metronews.ca)

**CRIME** Police said yesterday they have charged nine people in relation to a seven-hour standoff at a downtown hotel Sunday morning.

Police were called to the Minto Suite Hotel at Lyon and Slater streets at around 4 a.m. after a report of a male with a handgun in a third-floor room.

At approximately 10:45 a.m., tactical officers were able to open the door of the unit, at which time nine people were arrested. There were no injuries.

The guns and gangs unit charged all nine individuals yesterday. Four people appeared in court yesterday to face charges.

Warsame Mohamed Abdul-Kadir, 25, Adil Hassan Omar, 26 and Sara Stanisic, 19, all of Ottawa, face charges including obstructing police and mischief, while Abdulaziz Hezam Abdullah, 23, of no fixed address, faces charges including possession of a dangerous weapon, unauthorized possession of a firearm, unauthorized possession of a restricted weapon, possession of a firearm when prohibited and possession of a firearm obtained by crime.

Sources in the defence department have confirmed Kenny's contention that CIDA has hit a bureaucratic "roadblock" in an effort deemed vital for success in Kandahar and greater security for Canadian soldiers.

TORSTAR NEWS SERVICES

# CIDA slow to dole out Afghan funds: Officials

## Lack of cash hampering long-term development plans

**Canadian military commanders say it is the path to ultimate victory over the Taliban: take an Afghan village, clear out the insurgents, rebuild it and convince the locals that their government, and its western backers, are a force for good.**

The so-called model village strategy has been endorsed by the commander of United States and NATO forces in the country, Gen. Stanley McChrystal, as the counterinsurgency model that will prevail in the coming months and years.

But officials in Afghanistan and Ottawa say the crucial element in the strat-

**"CIDA's not issuing contracts and the message that's working its way out is that we're pulling out in 2011."**

Senator Colin Kenny

egy — long-term development — is not happening because the Canadian International Development Agency has failed to issue the contracts and cash that are the lynchpin of success for coalition forces.

Senator Colin Kenny, chair of the Senate defence and national security committee, first sounded the alarm in a written submission that is published today in the op-ed section of the

Toronto Star.

"No contracts have been let," he said in an interview. "Two more villages (after the initial move into Deh-e-Bagh, a village in Kandahar's Panjwaii district) have essentially been cleared by the Canadian Forces and nothing's happening."

"CIDA's not issuing contracts and the message that's working its way out is that we're pulling out in 2011 and that's not too far

from now and we don't have any instructions as to what we should be doing."

The development agency has so far provided planning and "modest financing" for some short-term projects. It has, for example, helped build an office in the village centre where Afghan government departments can establish a "working presence" in Deh-e-Bagh.

Sources in the defence department have confirmed Kenny's contention that CIDA has hit a bureaucratic "roadblock" in an effort deemed vital for success in Kandahar and greater security for Canadian soldiers.

TORSTAR NEWS SERVICES

## News on the Move

What's this barcode for?



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Food pg 20



Friendly fare for diabetics

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# Local



## uOttawa hosting Troubled Waters

The University of Ottawa is hosting an international conference on water today and tomorrow. The 11th edition of uOttawa's Frontiers in Research Lectures features Troubled Waters, which has experts discussing water in relation to global issues including climate change, ocean health, childhood diseases and the desertification and development of emerging countries.

METRO OTTAWA



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### News in brief

**CHARGES** Police have arrested and charged two 16-year-old males after investigating a hit-and-run collision involving a stolen vehicle in the area of Dunbar Court and Bateman Drive last week. Police later found a shotgun and ammunition that had been reported stolen from a break and enter in Clarendon, Que., earlier in the week in the home of one of the suspects.

METRO OTTAWA

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What's online today.

**Your Money** Allan Small on year-end investment housekeeping and the 'Santa Claus rally' at metronews.ca/investing. **Play** free online Sudoku, updated daily.

**Lotteries** Ontario Pick 3: 0 4 8; Ontario Pick 4: 73 76

Encore: 4029715

Daily Keno: 1, 7, 9, 10, 15, 24, 26, 27, 28, 33, 34, 39, 51, 56, 60, 63, 65, 66, 68, 70.

These results are not official.

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## Homelessness forum seeks action on issues

Accountability on housing needed: Chair

TRACEY TONG  
tracey.tong@metronews.ca

Ten years ago, psychiatric survivor Terence Williams was isolated and collecting disability support. But when he learned about the Parkdale Activity Recreation Centre, it turned his life around.

The organization serves people in the mental health system, psychiatric survivors, the homeless, refugees, new immigrants and low-income men, women and families, said Williams.

Now an ambassador for the organization, he talks to the public "to change stigma attached to mental illness, homelessness and poverty" and to educate local residents who may oppose the development of affordable housing projects in their neighbourhoods.

Williams was one of the speakers at the 2009 Community Forum on Homelessness yesterday. Held to coincide with National Housing Day, the forum, presented by the Alliance to End Homelessness, gathers researchers, housing and homeless advocates and city staff to share ideas — all with the common goal of ending homelessness, said alliance chairwoman Marion Wright.

"This takes what's going on in research and turns it into action," she said.

"One of the things we can do is hold the politi-

## DOWNTWARD SLIDE CONTINUES IN 2008

- D HOUSING
- C INCOME
- D HOMELESSNESS
- D LENGTH OF STAY



Ottawa's homeless situation is not improving, said Alliance to End Homelessness chairwoman Marion Wright yesterday. A forum held at uOttawa marked National Housing Day.

cians at the three levels accountable for doing a number of things," said Wright. "One is a national housing strategy, and two would be to look at supports for individuals who have mental health and addiction issues."

The government has failed to deliver on their affordable housing strategy in Ottawa, Wright said.

While there have been 134 new units built this year, it's a long way off

from the target of 500 units a year, Wright said.

In 2008, 7,044 individuals in Ottawa, including 1,179 children under 16, stayed in emergency shelters. By mid-year, shelters were running out of beds every night.

"And this was before the economic downturn that has so characterized this year," Wright said. "For the 2009 report card, we're expecting even more staggering numbers."

## River sewage control options considered

TIM WIECLAWSKI

tim.wieclawski@metronews.ca



It could cost up to \$2.2 billion and take up to 50 years to totally eliminate sewage spills from the Ottawa River.

That's the most costly and time consuming of three options of the Ottawa River Action Plan discussed yesterday evening at a public meeting at Lansdowne Park.

The other options would cost up to \$60 million and take five years, or \$140 million and take up to six years.

Both plans would add different amounts of storage capacity to the combined sewer system to capture surplus water during rainfall to prevent it from overflowing to the Ottawa River. The storage facilities would likely consist of underground storage tanks situated downtown.

If time and money were not factors, Ottawa River-

keeper Meredith Brown said she would like to see the city implement the most expensive option, which would involve separating all the existing combined sewer systems over the next 30 to 50 years.

However, Brown said the \$140-million option was a good progressive alternative that would make the city the leader in the Ottawa River watershed. "It wouldn't eliminate all of our combined sewer overflows, but it would really reduce them significantly," she said.

Brown said the least expensive option would only meet minimum regulations and would not adequately deal with very intense rainstorms that climate modellers are predicting will become more frequent.

TIM WIECLAWSKI/METRO OTTAWA

## Four charged in July LCBO kidnapping, theft

Police in Peel Region have charged four suspects in relation to a robbery, kidnapping and tractor-trailer theft at a Bank Street LCBO in July.

Shortly after midnight on July 28, a driver was accosted in his tractor-trailer while in the parking lot of an LCBO in the 1900 block of Bank Street. He was restrained by two males who later left the lot with the driver in the tractor-trailer.

The driver was later found in the area of Vaudreuil, Que., along with the tractor. He was not injured. Police charged four suspects with robbery, conspiracy, kidnapping, and use of an imitation firearm during commission of an offence.

Mohamed Farhan Mohamed Mashood, 28, of Pickering, Srimoorthy Pathmanathan, 34, of Milton, Kanthasamy Thirumal, 36, of Ajax, and Majurathan Baskaran, 21, of Toronto, appeared in court recently.

TRACEY TONG/METRO OTTAWA

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Hire Immigrants Ottawa is accepting applications for the 2010 Employer Excellence Awards. In its third year, the awards recognize employers for their innovative policies and practices in recruitment and retention of skilled immigrants into their organization. METRO OTTAWA

# Kilimanjaro Grannies launch their book

STEVE COLLINS  
for Metro Ottawa



**Liza Badham has scaled Mount Kilimanjaro, even if she had to make part of the trip back down on a stretcher.**

The Ottawa grandmother and five others, styling themselves the Kilimanjaro Grannies, decided to climb Africa's highest peak to raise awareness of the

**"I think we did pretty well considering we're all very different personalities and come from different walks of life."**

Liza Badham, climber

HIV/AIDS pandemic in Africa and money for African grandmothers left caring for their orphaned grandchildren.

Badham and the other grannies successfully climbed the mountain in October 2007, and raised

\$78,336.50 in the process, but on the trip back down, she wrenched her knee.

But she made a full recovery, and on Dec. 1, the grannies will launch their book, Kilimanjaro: A Purposeful Journey, at the main branch of the Ottawa Public

Library to mark World AIDS Day.

Badham says the process of putting everyone's memories and photos together was challenging.

"I think we did pretty well considering we're all very different personalities

and come from different walks of life.

"I think the saving grace is that we each get our own chapter. If we had tried to integrate everything into one mass I don't think it would have worked at all."

The book's proceeds are being directed to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign and the Snowy Owl AIDS Foundation.

## News in brief

**HEALTH AND SAFETY** The Ministry of Labour fined an Ottawa business under the Occupational Health and Safety Act after a young worker was injured. Marble Unlimited, a manufacturer of synthetic marble and natural stone countertops, was fined \$50,000 last week. On May 7, 2008, a marble and granite slab weighing over 440 kilograms fell and pinned a worker against a storage rack, breaking his arm.

METRO OTTAWA

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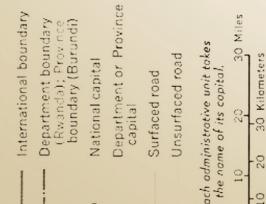
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Best Buy

Some residents of southern New Brunswick were shaken by an earthquake Sunday evening. Police and emergency officials received many calls about a loud bang at 7 p.m. that shook homes and rattled windows. The province later said it detected an earthquake measuring 2.2 on the Richter scale. **THE CANADIAN PRESS**

# Canada



## Whistleblower had right to speak: MP

Foreign Affairs Minister Lawrence Cannon, left, says diplomat Richard Colvin had a right to make his explosive allegations about Afghan prisoners. He says Colvin exercised his prerogative as a whistleblower by saying Ottawa ignored his warnings that Canadian soldiers were turning Afghan detainees over to torture. At the same time, Cannon stuck to the Conservative government line that the allegations have not been proven.

**THE CANADIAN PRESS**

### Child's death from fall ruled an accident

**AIRPORT** A toddler who died after falling some 15 metres over a railing at Pearson International Airport wiggled out of his mother's arms as she turned her attention to her other child, police said yesterday.

Foul play is not suspected in the 15-month-old boy's death and the tragic fall Sunday has been ruled an accident, Peel police Const. J.P. Valade said.

The child's Burlington, Ont., family was preparing to embark on a vacation to Argentina when the boy fell from the upper departures level in Terminal 1 to the lower level arrivals area.

The family is "absolutely devastated, as would anyone be at the loss of a child," Valade added.

A small makeshift memorial, with flowers and a stuffed animal, was set up at the scene yesterday.

Officials at the Greater Toronto Airports Authority said the balcony partition is to code and called the fall an "isolated, tragic accident."

**THE CANADIAN PRESS**

### Calgary North American Solar Challenge



JEFF MCINTOSH/THE CANADIAN PRESS

Team members from the University of Calgary's solar car team unveil their new solar race car yesterday in Calgary, which will compete in the 2010 North American Solar Challenge. The challenge is a biennial event, based on a competitive field of solar cars crossing North America, powered by nothing but the sun. Teams are required to research, build and design vehicles capable of completing the 4,000-kilometre journey from Dallas, Texas, to Calgary.

### Editorial urges more adoption from welfare system

**CHILDREN** Changes are needed to ensure more kids in the care of child welfare agencies find permanent homes and don't "age out" of the system before being adopted, says an editorial published yesterday in the Canadian Med-

ical Association Journal.

Between 30,000 and 40,000 children are legally available for adoption in Canada, but only about 2,300 are adopted in a given year, statistics indicate.

It's easier for prospective parents to adopt a child in-

ternationally than across provincial boundaries, noted Dr. Noni MacDonald, one of the authors of the editorial.

"We need to look at what the child deserves," MacDonald said.

**THE CANADIAN PRESS**

## POW transfers halted: MacKay

3 suspensions in '09 over concern for Afghan prisoners, minister says

Concerns about the treatment of Afghan prisoners prompted Canadian soldiers to halt the transfer of POWs three times over the course of the last year, says Defence Minister Peter MacKay.

The suspensions are proof that agreements aimed at treating detainees humanely are working, MacKay said yesterday.

The assurances came as the government prepared to counter explosive accusations from Canadian diplomat Richard Colvin that senior government officials turned a blind eye to the torture of Afghan prisoners transferred into the hands of Afghan authorities.

That counterattack will include a highly anticipated appearance tomorrow before a parliamentary committee by former chief of defence staff Rick Hillier, who was ultimately responsible for Canada's mission in Afghanistan.

Also scheduled to appear are Maj.-Gen. David Fraser, who led troops on the ground in Kandahar, and

Lt.-Gen. Michel Gauthier, who was responsible for overseas deployments in 2006.

The government yesterday acknowledged the suspensions of prisoner transfers to Afghan authorities for the first time, even though opposition parties have been asking questions about the treatment of detainees for months.

MacKay said the suspensions followed the refusal by Afghan authorities to abide by an agreement that guaranteed access to prisons where the detainees were being held.

He told Liberal Leader Michael Ignatieff the government acted as soon as "credible allegations came to our attention."

**THE CANADIAN PRESS**

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A U.S. plan to work with anti-Taliban militias echoes the ideas of a Canadian general. Scan this code for the full story.

Learn how to scan the barcode with the instructions at the top of pg 3

### News in brief

**RECALL** More than 2.1-million Canadian-made drop-side cribs have been recalled in Canada and the United States after more than 100 cases of injuries, including four deaths, were reported, the U.S. Consumer Product Safety Commission said yesterday. The crib manufacturer is British Columbia-based Stork Craft Manufacturing Inc. Nearly 150,000 of the cribs on recall carry the

Fisher-Price logo.

**COURT** Canada's chief electoral officer has no discretion to audit or investigate election expense claims by party candidates but must simply reimburse them if the paperwork appears in order, a lawyer representing two Conservative agents argued before a clearly skeptical judge yesterday in Federal Court.

**THE CANADIAN PRESS**

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## Ottawa Team Pride



Prime Minister Stephen Harper displays a team jersey he was presented with by the 2010 Canadian Men's Field Lacrosse team in an office below Parliament Hill yesterday.

## NDPer among flood victims

**RISING TIDES** A B.C. New Democrat MLA is getting some first-hand experience of the province's emergency preparedness, after his Vancouver Island home was flooded on the weekend.

Bill Routley says he's been bailing water out of

his basement and he's called in machines to dig up his front yard to drain flood water from his property. Routley estimates his home sustained between \$5,000 and \$10,000 water damage even though he lives on a hill.

THE CANADIAN PRESS

# Journalist thought of suicide

Tortured and desperate man contemplated slashing his wrists

A Canadian-Iranian journalist who spent nearly four months in Tehran's infamous Evin prison says he was so desperate after being tortured that he considered committing suicide by slitting his wrists.

Maziar Bahari, a Newsweek correspondent, was arrested on June 21 after covering the crackdown on protesters and reformist politicians following the country's disputed presidential elections.

He told CNN on Sunday that he knew he was being taken to Evin prison and thought of all the people



**"Why should I do their job for them? If they want to kill me they can do it themselves."**

Maziar Bahari  
Iranian-Canadian journalist

he had interviewed who were tortured in the jail.

It is also the prison where Canadian-Iranian photojournalist Zahra Kazemi was beaten to death in 2003.

He said his interrogators were "masters of psychological torture" and accused him of being a spy. "My interrogator told me

I was going to be executed everyday. I was living with the threat of execution everyday for almost three months."

Bahari said he contemplated suicide twice, thinking he would use the lenses of his glasses to cut his wrist, and wondering "how long it would take to bleed to death."

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**Q&A: Iranian-Canadian journalist Maziar Bahari recounts his four harrowing months in an Iranian prison after the country's controversial election. Scan this barcode for more.**

## Four acquitted in Dec. 26 shooting

**TORONTO** Four men have been acquitted in the Boxing Day 2005 shooting death of 15-year-old Jane Creba in downtown Toronto.

The prosecutor told court yesterday that following a pretrial ruling it was determined there was no reasonable prospect for a conviction against the four, who were facing manslaughter charges.

Jane Creba

No evidence was called against Andre Thompson, Shaun Thompson, Vincent Davis and Andrew Smith, and the judge was left with no option but to acquit them.

However, three other accused — the alleged shooters in the case — still face charges of second-degree murder.

THE CANADIAN PRESS

## No privacy in social media, technology analyst advises

**ONLINE** The case of a Quebec woman who says she lost her long-term disability benefits because of photos that appeared on Facebook should serve as a reminder that nothing on the Internet is truly private.

And a technology expert says it's a perfect opportunity for people to take stock of their social networking platform profiles and just what about their life is on the net.

The Quebec woman, Nathalie Blanchard, has seen her case gain widespread attention since it came to the attention of local media last week.

Blanchard said an insurance agent told her that the long-term disability cheques were terminated after photos of her on the popular social networking website came to the attention of the insurance company.

### Krieber

- Another Facebook-related blunder left the Liberals dealing with controversy on the weekend after Janine Krieber, the wife of former leader Stéphane Dion, posted comments on the social networking site criticizing current boss Michael Ignatieff.

Blanchard, 29, has been on leave since Valentine's Day 2008 from her job at IBM in Bromont, Que., battling severe depression.

The company in question, insurance giant Manulife, declined to comment on the case specifically but has said in a statement: "we would not deny or terminate a valid claim solely based on information published on websites such as Facebook."

Carmi Levy, a technology expert says these recent in-

cidents involving Facebook postings should serve as a reminder that nothing is truly private on the Net.

"In this day and age, where everyone is a broadcaster through Twitter, Facebook or other social media, it never ceases to amaze me how unaware people are of the implications of something such as a Twitter update or a Facebook update," Levy said.

"It should give pause to anyone who uses these services that anything they put online can at some point come back to bite them."

Levy, a London, Ont.-based independent technology analyst, said any notion that there is privacy is laughable. "I always laugh when people trot out the words private and social media in the same sentence — nothing that you put online is private."

THE CANADIAN PRESS

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Officials are trying to determine how workers cutting a pipe stirred up radioactive dust at the Three Mile Island nuclear power plant in Pennsylvania. Plant spokesman Ralph DeSantis said yesterday the public was not endangered Saturday, when a dozen workers were exposed to radiation. THE ASSOCIATED PRESS

# World



## Medvedev won't restore elections

Russian news agencies are quoting President Dmitry Medvedev as saying he won't restore gubernatorial elections. Medvedev's predecessor, Vladimir Putin, scrapped elections of Russian provincial leaders in what critics called a major retreat from democracy, leaving their appointment largely up to the president. Medvedev has stressed the importance of democracy but has done little to open up the electoral system.

THE ASSOCIATED PRESS

### Reporters among dead in ambush

**PHILIPPINES** Dozens of gunmen hijacked a convoy carrying journalists, and family and supporters of a candidate for provincial governor, killing at least 21 of the travellers yesterday in the southern Philippines' worst political violence in years. There was no claim of responsibility for the bloodshed in the predominantly Muslim region wracked by political tensions. It was unclear if anyone survived the attack. Army and police search was under way for the other hostages. THE ASSOCIATED PRESS

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## Prisoner swap close: Source

Israel, Hamas reportedly nearing deal for soldier, Palestinian prisoners

**Israel and Hamas are close to a deal to swap 1,000 Palestinian prisoners for an Israeli soldier held for more than three years by the Islamic militant group, a Palestinian familiar with the talks said yesterday.**

Israeli President Shimon Peres, who met with Egypt's president in Cairo Sunday, confirmed progress in the negotiations to free captured soldier Sgt. Gilad Schalit, but Israeli officials refused to comment further. Hamas' deputy political leader, Moussa Abu Marzouk, also said "there is

progress" in the talks.

The Palestinian close to the talks said Palestinian prisoners would be released in two stages. The initial batch is expected to include many serving lengthy sentences for deadly attacks on Israelis. Among them would be Marwan Barghouti, a popular leader of Hamas rival Fatah, who is serving multiple life sentences for involvement in deadly attacks. Barghouti is seen as a top contender for the next Palestinian president.

While negotiations have been dragging on for years,



Israeli soldier Gilad Schalit is seen in a video image provided by Hamas. Delegates travelled to Cairo yesterday to debate a final prisoner list presented by Israel for an exchange that would see Schalit freed after more than three years in captivity.

conditions appear to be ripening for a deal. Though no official statements have been made, it appears that Israeli Prime Minister Benjamin Netanyahu is prepared to release more hardcore Palestinian militants than his predecessor, Ehud

Olmert, fulfilling a key Hamas demand.

Hamas also has shown flexibility on some important issues, particularly Israel's insistence that some prisoners be deported after their release.

THE ASSOCIATED PRESS

Too many were in mine: Official

**CHINA** The coal mine that exploded in northern China, killing 104, had too many workers underground in an effort to increase output, a government official said yesterday, exposing the risks often taken to meet the country's insatiable energy demands. The weekend gas explosion — China's worst mining accident in two years — was a blow to the government's recent efforts to improve safety standards in the industry, the deadliest in the world. Grieving relatives, who waited at the gate of the Xinjing mining office yesterday, were shocked that such a blast could occur at one of China's state-run mines, which the government has promoted as being safer than smaller, privately run concerns.

THE ASSOCIATED PRESS

### Report: 10-month freeze

- Israeli TV reports that Prime Minister Benjamin Netanyahu is proposing a 10-month freeze in construction in Jewish settlements in the West Bank. The freeze would not apply to Jewish neighbourhoods in east Jerusalem.

ish settlements in the West Bank. The freeze would not apply to Jewish neighbourhoods in east Jerusalem.

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Former British leader Margaret Thatcher, 84, returned to London's Downing Street yesterday as she unveiled her own portrait, which has been installed in the official residence of Britain's prime minister. Thatcher was PM from 1979 to 1990. THE ASSOCIATED PRESS

# Greenhouse gases soar to record levels

**EU chides China, U.S. for failing to act**

**Greenhouse gases in the Earth's atmosphere reached record highs in 2008, with carbon dioxide levels increasing faster than previously, the UN weather agency said yesterday.**

Levels of greenhouse gases, believed to be responsible for global warming, have been rising every year since detailed records started being kept in 1998, the World Meteorological Organization said.

It follows a trend of rising emissions that began with the Industrial Revolution in the mid-18th century, the agency said.

The report comes as the European Union urged the United States and China yesterday to set targets for cutting greenhouse gas emissions at next month's climate conference in Copenhagen. The EU said delays by those countries were hindering global efforts to curb climate

## Rising trend

- Carbon dioxide is the main greenhouse gas in the atmosphere. It rose 385.2 parts per million in 2008, up two parts per million from 2007.
- Nitrous oxide increased by 0.9 parts per billion over the previous year to 321.8 parts per billion.
- Methane concentration in the atmosphere was 1,797 parts per billion, up seven parts per billion from the previous year.
- The year-to-year increase may appear small. But compared with early 18th century, the levels have increased massively, the WMO said.

change.

The gases — carbon dioxide, or CO<sub>2</sub>; nitrous oxide, N<sub>2</sub>O; and methane, CH<sub>4</sub> — are produced partly by natural sources, such as wetlands, and partly by human activities such as fertilizer

use or fuel combustion.

"It's significant because what we would like is to see a decrease in the increase," the organization's chief, Michel Jarraud said, in Geneva.

Since 1750, CO<sub>2</sub> has increased 38 per cent, nitrous oxide 19 per cent and methane 157 per cent, according to WMO.

It takes time to see the impact of greenhouse gas emissions because of the long time they remain in the atmosphere, said Olksana Tarasova, a specialist with the organization.

"Even if we stop all the emissions right now, after 100 years, 30 per cent of the amount added to pre-industrial level will remain in the atmosphere," she said.

If levels continue to rise, Jarraud warned the world is likely to face the more pessimistic scenarios laid out by climate experts.

THE ASSOCIATED PRESS

**Mumbai attacks A shocking reminder**



Ramzan Shariff bears a bullet embedded in his chest, a grim reminder of the terrorist attacks in Mumbai, India, one year ago when he was shot at the train station. He and his mother Zeenabhi Rahamatulla, right, mark the first anniversary of the multi-site attacks that killed 166 people.

RAJANISH KARAK/THE ASSOCIATED PRESS

## Fans greet Palin at U.S. army base

**BOOK** Sarah Palin brought her book-signing tour to North Carolina's Fort Bragg yesterday and hundreds greeted the former Republican vice-presidential candidate in a campaign-like gathering.

Palin's appearance tested Department of Defence regulations, which prohibit politicians from using in-

stallations as a platform.

Palin didn't give a speech, and a base spokesperson said she was **Sarah Palin** not campaigning. But the bus parked nearby encouraged donations to her political action committee and sup-

porters made clear that she should run for president.

Army officials initially barred media, fearing coverage would lead Palin's backers to lob negative comments at U.S. President Barack Obama. The military later relented and allowed media access.

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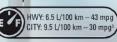
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**If a tree falls in the forest**

Nearly 70 Haitians were arrested in the Dominican Republic on allegations they stole plants at a national park. **THE ASSOCIATED PRESS**

# Battle cry for troops

**Bombings and shootings killed 12 people across Afghanistan, including four American troops and three children, as U.S. President Barack Obama convened his war council again yesterday to fine-tune a strategy to respond to the intransigent violence.**

Obama is considering sending tens of thousands more troops to fight an increasingly virulent insurgency, and pressure has been mounting for a decision. NATO is also calling on allied nations to add to their military presence.

The violence has continued unabated since the 2001 U.S.-led invasion.

Three U.S. troops were killed in southern



U.S. army Sgt. James Murphy greets a child while on patrol near Baraki Barak, Logar province, Afghanistan yesterday.

Afghanistan on Sunday — two in a bombing and a third in a separate firefight — while another was killed in the east of the country in a bombing yesterday, NATO said.

To the north, insurgents attacked German soldiers and Afghan National Police with grenades and gunfire

as the troops drove through an area northwest of Kunduz city, wounding two Afghan policemen. A suicide bombing in the same province targeted a police convoy, but instead killed five civilians, including three children, the Interior Ministry said.

**THE ASSOCIATED PRESS**

## U.S. aims to wrestle poppy crop out of Taliban hands

**KABUL** The U.S. yesterday agreed to hand out millions of dollars in development aid to provinces in Afghanistan that have eliminated or reduced the production of opium poppies, the raw ingredient in making heroin.

The poppy crop, which produces 90 per cent of the world's supply of opium, is linked to corruption, addiction and a drug trade that bankrolls the Taliban insurgency. Curbing the cultivation of poppies is the goal of a U.S. program that since

2007 has doled out \$80 million, nearly half of which the U.S. announced it is giving to 27 of 34 Afghan provinces. They either reduced cultivation by more than 10 per cent or became poppy-free this year.

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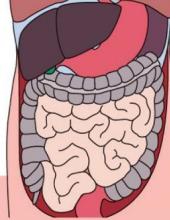
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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

### Conservative track record tells story

#### National Report

**Lawrence Martin**

When in doubt, check the track record. If that is done on the question of diplomat Richard Colvin's testimony on the

Afghan detainees, the Harper government's side of the story doesn't make it to the dance floor.

The Conservatives have a long history of trying to shield embarrassing truths from the public and of smearing anyone who challenges them. It's one of the reasons critics were quick to pounce on Defence Minister Peter MacKay's attempt to undermine Colvin last week.

In the same week, the Tories were distributing flyers to various ridings trying to

paint the Liberals as anti-Jewish. The charge is ludicrous. Michael Ignatieff, one of the most right-wing leaders on foreign policy the Liberals have ever had, is decidedly pro-Israel. But that's the way the Tories operate.

We recall how they went after Linda Keen, the former president of the Canadian Nuclear Safety Commission, and how they slandered Human Rights Commissioner Louise Arbour, calling her a "national disgrace." They smeared NDP

members as being pro-Taliban. As for their record of secrecy and concealment, they may well exceed any Canadian government before them. They've muzzled their own ministers, shut down a giant government information registry, and made a mockery of access to information regulations.

No one should be surprised, therefore, if in fact they tried to cover up the Afghan prisoner abuse and are now forced into trying to discredit the whistle-

blower.

The Conservatives keep using smear tactics for a good reason. They work. Take the personal attack ads they launched against Liberal leaders Stéphane Dion and Ignatieff. Those leaders, who came out of the soft ivory tower of academia, had no response.

The Grits, hovering at historic low levels of 23 per cent in the polls, desperately need a new strategy. They've got to throw out the kid gloves and start responding to the Tories in

kind. Ignatieff hasn't wished to be front and centre on the Afghan allegations because of his past controversial remarks on the use of torture.

But the torture allegations are only one element of this story. There's a bigger one. It's the alleged coverup. Iggy should smear the Conservatives with that. Unlike most Tory charges, it might even be true.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

#### Views

### How to read the Common Sense Index

#### In Business

**Charles Davies**

metronews.ca/inbusiness

Baffled by the gyrations of the stock market? Weary of economic pundits who keep on forecasting even though they've blown it nearly all the time?

Friends, you don't have to hold your breath for the

Bank of Canada's next pronouncement. You can start predicting the economy's future by using some simple observational skills based on five key indicators in the Common Sense Index or CSI. The key components of the CSI go like this:

**Bag factor:** Sure, there are plenty of people walking around in shopping malls. But how many are shopping? That's why it's so important to count shopping bags. More bags equal more retail sales.

**Lot loads:** Drive through

the industrial areas of your city and pay attention to factory parking lots. If the lots are pretty empty, you know we're not out of the woods yet.

**Merchant anecdotes:** When you shop, ask retailers about their business and whether they're seeing positive changes since earlier this year. Sometimes the results are surprising.

**Bums on seats:** If you go to movies, theatres, clubs, whatever, are there full houses? What sort of traffic is evident in restaurants,

not just at lunch when there always seems to be activity, but through the rest of the day and night?

**Hell on wheels:** Huge trucks may make driving on major highways a nightmare, but the more there are, the more the economy is cranking over. Take a deep breath and be thankful that they're cutting you off or threatening to crush you.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Ciena wins bid, offers 2,000 jobs

**NORTEL** Ciena Corp. announced yesterday it will offer jobs to at least 2,000 Nortel employees after it won a three-day auction for the bankrupt Canadian company's optical and Ethernet business units.

Ciena's final cash and debt offer was worth \$769 million US,

The Maryland-based company emerged on top after a three-day auction in New York that began Friday. It beat out much larger telecom equipment maker Nokia Siemens.

Gary Smith, Ciena's president and chief executive officer, said the Nortel acquisition would accelerate the company's growth strategy. "Our collective customer base will be able to rely on one of the largest and most innovative companies strategically focused on converged Ethernet networking," he said.

THE CANADIAN PRESS

## Retail sales up: StatsCan

But notable increase still lower than 2008 numbers

**Canadian consumers surprised economists with how much spending they did in September but retail sales remained weaker than a year ago and gave little comfort to many retailers who fear the coming holiday season will be slow.**

Statistics Canada said Monday that retail sales rose to \$34.9 billion in September, up by one per cent from August, on widespread increases across six of eight sectors.

While that was a notable increase and higher than consensus economic forecasts, the sales numbers were also 3.3 per cent lower than the same period last year.

"It's an improvement from the fairly hefty decline you saw in the last year, but it's still, at least on a year-over-year basis,

indicating that conditions remain weak," said Paul Ferley, assistant chief economist at Royal Bank.

"When you start looking at the month-over-month (results) it's showing more positive gains over the last two months."

Retail sales have been rising since the beginning of 2009, following a sharp decline at the end of 2008 as Canada was dragged down by a global recession that began to tighten its grip in last year's fourth quarter.

The gradual recovery has left some retailers, particularly in apparel, jittery for the crucial October-December quarter.

Some have complained that sales have been slow, and they've had to slash their prices to encourage consumers.

THE CANADIAN PRESS



Canadian shoppers at malls such as Toronto's Eaton Centre ramped up spending in September, which boosted retail sales by one per cent to \$34.9 billion, beating economist expectations.

STEVE RUSSELL/TORONTO STAR NEWS SERVICE

## Pension sponsors pessimistic

**PROSPECTS** The overwhelming majority of sponsors of defined benefit pension plans in Canada are at least somewhat pessimistic about their ability to meet future obligations, RBC Dexia Investor Services said yesterday. According to an RBC Dexia survey taken in October, 89 per cent of defined benefit plan sponsors believed that Canada's pension system is either poorly positioned or average when it comes to Canada's future pension prospects. "Whether due to recent market volatility or a lack of a unity from federal and provincial regulators, it is evident that defined benefit plan sponsors are finding it difficult to be optimistic about their ability to meet future pension obligations," said Scott MacDonald of RBC Dexia.

THE CANADIAN PRESS

## Expect rapid interest rate rise: Experts

**INTEREST** Interest rates aren't going up any time soon, but when they do the rise will be rapid, mortgage industry experts say.

Because of this, mortgage lenders and brokers have a responsibility to help home buyers assess their capacity to make higher monthly payments, and to constantly evaluate their chances for default.

"There should be some prudence and there should be counselling by mortgage brokers to ensure people do leave a little wiggle room," Ivan Wahl, chairman and CEO of

### Two markets

- The Canadian and American housing markets fared very differently during the recession. While the financial crisis in the U.S. was caused in large part by sub-prime mortgages, which led homeowners to default en masse, strict regulations helped the Canadian economy avoid a similar meltdown.

Xceed Mortgage Corp., said at an industry conference yesterday in Toronto. Wahl praised Canadian

regulators for preventing the housing meltdown that has decimated the American economy, but said mortgage lenders have a responsibility to self-regulate as well.

"Regulators have a very specific role, but you can't regulate prudence," he said.

"We were looking at a nuclear winter... (for new mortgages), a 30 to 35 per cent drop, and that hasn't happened," agreed Stephen Smith, chairman and president of First National Financial.

THE CANADIAN PRESS

## BMO, TD invest \$13M in greening fund

**CARBON CREDIT** The Greening Canada Fund for purchasing carbon offset credits from projects across Canada has received \$13 million in investments from two major banks.

BMO Financial Group is making an initial investment of \$10 million and TD Bank Financial Group is investing \$3 million in the fund, which is being managed by Green Power Action Inc.

Securities of the fund will be offered to selected investors only.

The fund will provide a way for organizations to recoup up to 20 per cent of

the capital cost of so-called green projects by private, public and not-for-profit sector organizations across Canada.

"For example, a \$1 million retrofit might generate \$20,000 worth of carbon offset credits over its life, in addition to energy savings. Through our purchases, these types of projects become more economically feasible," Gerry Rocchi, chief executive officer of Green Power Action.

In addition to the financial investments in Greening Canada, both BMO and TD have undertaken a

number of initiatives to use less energy overall while increasing the amount of energy from renewable resources.

Bank of Montreal says it buys more than 23,800 megawatt hours of electricity annually.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

business 15

# Trim holiday spending

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

The thrill of thrift still has Canadians in thrall. Despite cheery "It's over!" proclamations

about the recession, consumers from coast to coast appear determined to keep their holiday spending in check.

In fact, 44 per cent of Canadians have vowed to trim their holiday buying, which amounted to \$571 per adult last year. But we all know what happens to resolutions

made months before Bing Crosby's White Christmas is piped into every mall.

The solution is to arm yourself against your

worst holiday spending enemy — you! Before heading out to brave the crowds put together a quick mini-budget.

Visa Canada's revamped financial literacy website, practicalmoneyskills.ca, has a handy holiday calculator that jogs your memory about all the things you spend money on during the season but are likely to forget in the busy days ahead.

Few actually put a dollar figure to non-gift items or include them in a holiday budget. Every year I am shocked by how much festive candles, Christmas crackers, lights and special

food items cost.

My daughter decided to get a professional family photo this year. Once she included an outfit for her son, a new blouse for herself and haircuts all round she spent as much getting ready for the pictures as the actual pictures themselves.

The Practical Money Skills calculator includes expenses such as cards, postage, baking supplies and charitable donations. Even holiday travel adds to your spending. On average, Canadians increase their driving and use of public transit by 30 per cent during the holiday season.

When it comes to gifts, many people do make a men-



## More clicking, less clipping as coupons become digital

**COUPONS** Put down the scissors: Coupons are available by phone, email, online and other digital forms. Here are hints on how to stretch your budget with the latest generation of an old standby.

**SEEK:** Deals are everywhere. Rather than waiting for a coupon for your favourite cereal or toilet cleaner to show up, you can find deals when you want them online.

Dozens of websites that are searchable by retailer and product category do some leg work for you. At the websites coupons.com, retailmenot.com and many others, you just click on the coupon you want and print it out. Yahoo's recently revamped deals.yahoo.com is similar, but covers such a broad range it can be daunting to search. You can even buy coupons on eBay.

Services such as cellfire.com deliver the deals you choose to your cellphone or let you upload them to your grocery store

results. For instance, if your neighbourhood store is having a promotion on your favourite type of yogurt, don't stop there. Search online for store or manufacturer coupons (remembering to look by brand and maker as well as retailer) to combine with the promotion.

**SIGN UP:** Get your favourite stores' loyalty cards, which offer exclusive deals. At some retailers, cardholders also get additional coupons at the checkout or in the mail based on their purchases. Sign up for your favourite companies' Twitter feeds, check their Facebook pages and get on their email lists for deals. Some retailers offer discounts on a second purchase.

**SHOP:** Know the prices of items you typically buy. Just because you have a coupon good for one store doesn't mean the item won't be still cheaper elsewhere — sometimes without a coupon!



The Cellfire coupon application for iPhone and iPod Touch.

loyalty card. Also check the websites of companies that make your favourite products for direct offers, and check your favourite retailers' and grocers' sites, especially for deals on delivery or shipping.

**STUDY:** Numerous websites and blogs are dedicated to the art of couponing, finding the best deals and learning new ways to employ them. New ways of using coupons can yield new

THE ASSOCIATED PRESS

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Alison's Money Rule:

- The trick to not spending more than you can afford this holiday season is being aware of all the places your money goes before you hit the stores.

tal budget and plan to stay under a certain sum per person. But they forget sundries like a tip for the paper delivery person, coins dropped into the Salvation Army kettles and a bottle of wine to a colleague.

Spend half an hour with the holiday calculator and you're far less likely to over-spend this season.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

## MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** I would like to contribute to my Registered Retirement Savings Plan (RRSP). I have shares that are not registered. Can I transfer the shares to my RRSP? The shares have lost their value. Can I deduct the losses this year? — Alan

**A** In order to qualify for some tax deductions, what you do before Dec. 31 can determine if you get a tax refund or not.

Generally, sale of non-

registered shares at a loss can be used to reduce capital gains in the year — effectively reducing your tax liability. Additionally, losses can be carried back three years to recover prior year taxes on gains.

There are stop-loss rules that may deny losses on some dispositions. An asset transfer from a non-registered account to an RRSP (registered account) can be executed by your broker and shares kept intact. However, stop-loss rules may apply and the loss for tax purposes may be denied under the circumstance. This is consistent with the sale of shares at a loss and repurchased within 30 days.

Henry Choo Chong, CGA, can be reached at [choochonghca@yahoo.ca](mailto:choochonghca@yahoo.ca) and 416-485-5225.

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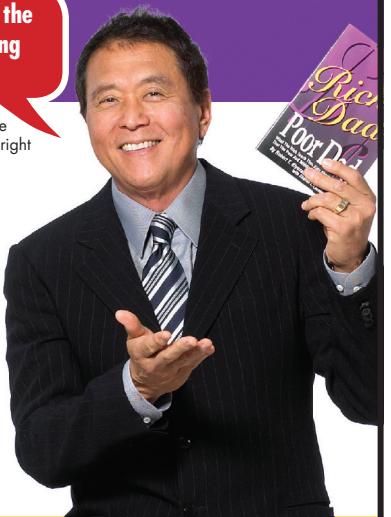
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Joe Mauer, left, became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote yesterday. The Minnesota Twins star received 27 of 28 first-place votes. **THE ASSOCIATED PRESS**

**Mauer voted MVP**

# Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

New soccer circuit revives old name

**NASL** Pele may not be suiting up, but the NASL is making a comeback.

The second division men's professional soccer league is scheduled to begin play this spring. It announced its name yesterday, and it should be familiar to soccer fans in Canada and the United States: The North American Soccer League.

The original NASL lasted from 1968-84 and briefly made a splash with the likes of Pele, Franz Beckenbauer, Giorgio Chinaglia and Johan Cruyff.

The new NASL has nine teams: Vancouver Whitecaps FC, Montreal Impact, Carolina RailHawks, Atlanta Silverbacks, Crystal Palace Baltimore, Miami FC, Minnesota Thunder, St. Louis Soccer United, and Tampa Bay Rowdies. **THE CANADIAN PRESS**

## Fisher caps comeback in OT

NHL

Capitals 3 Senators 4 (OT)



**Mike Fisher's goal 1:14 into overtime last night completed the Ottawa Senators' third-period comeback in a 4-3 victory over the Washington Capitals.**

Fisher, who earlier in the day had been named the NHL's third star of the week after notching six points in three games last week, continued his hot play when he redirected a pass from Chris Phillips past Semyon Varlamov in the extra session.

Peter Regin also had a goal while Chris Neil and Alexandre Picard, on the power play, scored in the



Washington Capitals goaltender Semyon Varlamov makes a skate save as Ottawa Senator Milan Michalek makes a last ditch attempt last night at Scotiabank Place.

third period to bring the Senators back from a 3-1 deficit before a season-low

crowd of 16,210 at Scotiabank Place.

Brian Elliott made 25

saves for Ottawa (12-6-3), which has won four straight games. **THE CANADIAN PRESS**

### Sports in brief

**CFL** There was a sea of green at Regina's city hall as hundreds of Saskatchewan Roughriders fans gave the team a loud sendoff to face the Montreal Alouettes in the Grey Cup game on Sunday. The Saskatchewan players are expected to leave today for Calgary to prepare.

**WORLD CUP** The U.S. bid to host the World Cup again in 2018 or 2022 has been endorsed by CONCACAF, soccer's governing body for North and Central America and the Caribbean. Mexico withdrew its bid in September, leaving the U.S. as the lone contender from the Americas. **METRO NEWS SERVICES**

[m.metronews.ca](http://m.metronews.ca)



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**Police probe allegation against Charger**

Police are investigating a claim that San Diego Chargers cornerback Antonio Cromartie hit someone in the head with a champagne bottle at a bar shortly after the team returned from a victory in Denver. **THE ASSOCIATED PRESS**

# Injuries complicate NFL playoff picture

**The playoff chase has gotten much more difficult for the Packers after they lost two key defensive players to season-ending injuries.**

Cornerback Al Harris and linebacker Aaron Kampman will have knee surgery after suffering major injuries Sunday. Both were hurt on separate plays in the second half of a victory over San Francisco, apparently damaging their left knees. Coach Mike McCarthy would not confirm specific details of either injury.

"They're both profes-

sionals," McCarthy said. "I think we have a lot of confidence they'll both respond very well. They're both in great shape, both take great care of their bodies."

The Steelers not only dropped to 6-4 with a stunning loss at Kansas City, they saw their top two quarterbacks go down. After Ben Roethlisberger left with concussion-like symptoms, backup Charlie Batch injured his left wrist during overtime. Batch could undergo surgery later this week and miss

about six weeks. Batch sat out last season with a broken collarbone.

Arizona's Kurt Warner, the other starting QB in last February's Super Bowl, left in the second quarter against the Rams after banging his head against the turf. Cardinals coach Ken Whisenhunt said he spoke with Warner on the flight home, and the quarterback was "very upbeat and alert."

Warner will undergo a mandatory "baseline test" of his cognitive functions today. **THE ASSOCIATED PRESS**

## Sports in brief

**NFL** Browns coach Eric Mangini is questioning whether the Detroit Lions faked injuries to slow down Cleveland's no-huddle offence. Mangini, who moaned the final, chaotic seconds of Cleveland's 38-37 loss Sunday, noted the Lions had several players leave the field injured, only to return.

**TRACK** Germany's track and field association has restored a 1936 high jump record to Gretel Bergmann who was stripped of the recognition and banned from that year's Berlin Olympic Games by the Nazis because she was Jewish. The association said in a statement that the gesture "can in

no way make up" for the past but was "an act of justice and a symbolic gesture."

**NBA** Tracy McGrady returned to practice with the Houston Rockets yesterday for the first time since microfracture surgery in February, but he still doesn't know when he'll play. **THE ASSOCIATED PRESS**

## NFL Go deep!



Tennessee Titans quarterback Vince Young throws a pass during the first quarter of last night's NFL game against the Houston Texans in Houston. For a complete game recap, visit [metronews.ca/sports](http://metronews.ca/sports)

PAT SULLIVAN/THE ASSOCIATED PRESS

**Soderling has Nadal's number**

**TENNIS** Rafael Nadal lost to Robin Soderling for the second straight time, falling 6-4, 6-4 yesterday in their opening round-robin match at the ATP World Tour Finals in London.

Soderling, who handed the Spaniard his first ever loss on clay at the French Open this year, powered his way through the Group B match by mixing a hard forehand with a solid backhand to keep Nadal running all over the hard court at the O2 Arena.

In the late match, Novak Djokovic rallied to beat Nikolay Davydenko.

**THE ASSOCIATED PRESS**

## SCOREBOARD

### NHL

#### YESTERDAY'S RESULTS

**Ottawa** 4 Washington 3 (OT)  
N.Y. Islanders 4 Toronto 3 (OT)  
Boston 4 St. Louis 2  
Nashville 4 New Jersey 1  
N.Y. Rangers 7 Columbus 4  
Pittsburgh 3 Florida 2 (OT)  
Carolina at Dallas  
Philadelphia at Colorado  
Phoenix at Edmonton  
Calgary at Anaheim

### NBA

#### YESTERDAY'S RESULTS

Memphis 116 Sacramento 105  
San Antonio 112 Milwaukee 98  
Chicago at Portland N  
Minnesota at L.A. Clippers N

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### Habs, Wild swap young forwards

Benoit Pouliot is headed to the Montreal Canadiens after being traded from the Minnesota Wild for Guillaume Latendresse. **THE CANADIAN PRESS**

sports **18**

# Defying the odds

Riders QB Durant welcomes underdog role

### GREY CUP PREVIEW

#### Roughriders vs Alouettes



Darian Durant says everyone always told him he couldn't be a quarterback because — in Durant's own words — he's "a short guy, pretty stocky" and doesn't "have the strongest arm in the world."

Durant aims to prove everyone wrong by leading the Saskatchewan Roughriders to a Grey Cup victory Sunday.

"It'll be the best moment of my life," said Durant.

"I've been through so much in my life. I've been told all my life that I couldn't play quarterback so it'll be great to be able to accomplish something of that magnitude and to bring it back to the greatest fans in the land."

Durant helped the green and white get to the championship by throwing for



Saskatchewan Roughriders quarterback Darian Durant celebrates Sunday after defeating the Calgary Stampeders to win the CFL Western final in Regina.

204 yards and three touchdowns during the CFL West Division final against the Calgary Stampeders.

The Riders sent the Stampeders, the defending Grey Cup champs, packing with a final score of 27-17.

The win capped off a season that saw Durant pass

for 4,348 yards. He also got the nod to the West Division all-star team.

"I'm in my first year as a starter and I'm fortunate enough to be able to play in the Grey Cup ... This is what I've worked all my life for," said the 27-year-old.

**THE CANADIAN PRESS**



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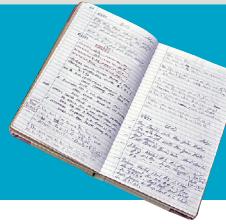
**Stress-busting tip**

Get involved in intramural sports. Exercise is also a well-researched way to manage stress, and intramural sports bring together all different kinds of people on campus, from professors to students, staff, and administrators. **SIMPSON.EDU**

Continuing

# Education

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

**Study tip**

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

SIMPSON.EDU

## Dance classes popular in Ottawa

**TRACEY TONG**  
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**Dance instructor Alana Hock describes the first day of any dance class as a bit like the first day of school.**

While some students are shy, the owner of the Glebe's Dance With Alana gets the students dancing right away.

"All feelings of self-consciousness and shyness go right out the door," said Hock, who's been teaching for 20 years.

Sounds like a typical dance class, but these aren't your stereotypical first-time dance students — Dance With Alana specializes in swing dance, lindy hop, tap, jazz, zumba, burlesque and Bolly-

wood — for adults.

"Lots of schools offer class for kids," said Hock. The idea is to make dance accessible to adults by offering the majority of classes during evenings and weekends.

Thanks to popular TV shows, different kinds of dance, like tap, are making a comeback, said Hock.

While classes like belly-dance are about celebrating women, zumba is "basically a big dance party," said Hock. "You don't need a dance background. It makes it easy for someone who's never danced and is more enjoyable than walking on a treadmill, for example."

There are many reasons that adults decide they want to dance, Hock said.

"Some people always



Dance instructor Alana Hock dances with her students.

wanted to dance when they were little and never got to because their parents didn't have the money, and others who had to step away from dance wanted to come back," she said.

Adults make very focused students. "They want to learn and get as

much as they can out of the experience," she said.

There are dozens of studios in the city offering dance classes. Another is The Studio School of Dance, which offers jazz, tap, lyrical, hip-hop, street dance and ballet.

While the majority of students there are chil-

dren, the school offers adult classes as well.

Different kinds of dance offer different fitness benefits, said Jennifer Vorobej, the school's co-director.

While dance is a great creative outlet for both adults and kids, it has different benefits — which aren't all physical — for both.

"For kids, it gets rid of that awkward stage they go through, and for adults, it lets you understand your body better. And from an emotional perspective, it's an hour you can spend away from your life. You can come into the studio and concentrate on yourself."

While dance has traditionally taken years to learn, Dancestudios.ca offers a popular crash course

option in addition to regular classes.

The crash course is for people who don't have the time to take a class a week, or who are looking for a quick fix because they're going to a special event or on vacation, said Greg Szymborski, artistic director for Dancestudios.ca.

The Chapel Street studio offers a variety of classes for beginner and advanced students, including salsa, merengue, cha-cha, belly-dance, ballroom, Latin, Latin for kids, and the popular wedding dance lessons.

"It's a huge market," said Szymborski. "Starting in January, it gets really busy. Couples bring in their music and we do the choreography for them."

For all other classes, a partner is not required.

## Many chances to learn French

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

It's tough to get a leg up in this city without knowing both official languages.

Most English-only speakers know how frustrating it is to see "bilingual" among the top requirements on a job posting.

Fortunately, there are dozens of places offering group and private courses to people wanting to improve their French competency at any level.

At Alliance Française, they separate group classes in three different blocks — beginner, intermediate and advanced. Each of those blocks has four or five different levels.

Someone taking classes in the upper level of the intermediate block can expect to comfortably converse in French.

Students could sign up for two-week intensive courses, six-week semi-intensive courses, or regular term classes.

The six-hour per day intensive courses cover one level per week, so a highly motivated student could potentially go from zero to reasonably bilingual in around 10 weeks.

The Conseil Des Ecoles Catholiques du Centre-Est offers a variety of blended French language training



There are plenty of options for students looking to learn French.

courses that are conducted half in-class and half online.

"We have all the levels from a real beginner up to those who want to take a more advanced business course," said Carole Lapointe, co-ordinator of the French as a second language program.

"It will prepare people to be functional, that is, to carry on a conversation, while at the same time, it will prepare them to undergo a test for a job that requires bilingualism."

La Cite Collégiale has French language programs geared specifically for people already in or trying to get in to the federal government.

The 21 hours of in-class time each week includes work in language laboratories for oral practice. Optional socio-cultural activities are also offered.

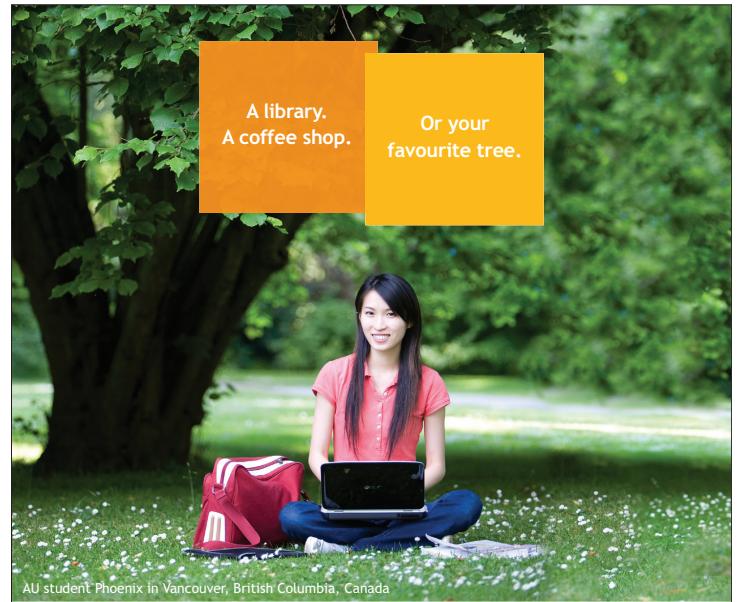
levels. A language proficiency test is used to determine what level a student would be at.

The 11- to 13-week courses each comprise around 65 hours of in-class time at each level.

The University of Ottawa's Official Languages and Bilingualism Institute also offers a three-week intensive course in French over the summer for people at the intermediate level.

The course focuses on listening, speaking, reading and writing with emphasis on vocabulary development and improved grammar skills.

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AU student Phoenix in Vancouver, British Columbia, Canada

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# Food

**A new "kid-friendly" symbol appears on 12 of the 27 recipes featured in the 2010 Milk Calendar.**

THE CANADIAN PRESS



## Free recipes

View the 2010 Milk Calendar online at [MyMilkCalendar.ca](#). All 27 new recipes (including the Presto Pizza, pictured left) and video cooking demonstrations of the 13 monthly recipes will also be available.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

### A comeback...

Even though we won't be saying adiós to the first decade of the 21st century for a few weeks, I believe it's never too early to reminisce — especially when so much has changed across the liquor landscape.

Back in the good old days of 2000, wine's wave of popularity was tsunami-sized with Australia hanging 10 and South Africa finally up on its board after some bumpy post-apartheid years. Ten years later both countries are treading water as easy-drinking, cheaper juice from South America floods store shelves.

From South Africa comes Boekenhoutskloof's **The Wolftrap 2008** (\$13.95 - \$14.99): A union of two red grapes (syrah and mourvèdre) and one white (viognier) that's packed with soft smoky, meaty aromas and balanced flavours of cherry, chocolate and black pepper.

Nugan Estate's **2007 Cookoothama Chardonnay** (\$12.99 - \$15.99) is a lightly oaked Aussie white with bright, tropical fruit and a hint of herbal spice that, like The Wolftrap, would make nice with next month's big holiday feast.



### Personal Gourmet recipe of the month

ROSE REISMAN

## Diabetes-friendly fare

**November is Diabetes Month. There are three million people living with Diabetes Type 2 in Canada and those numbers are rising quickly.**

Children and teenagers are also getting this serious disease, due to unhealthy eating and sedentary lifestyles. Did you know that you could prevent or reduce the risk by as much as 60 per cent if you just ate a healthier diet and introduced exercise to your life? It's that easy.

Here are some diabetic-friendly recipes to get you started. It's no longer about cutting out certain foods, but eating them in moderation and balancing them throughout your day.

#### Rose's lower fat Philadelphia cheese steak

Philly steaks, grilled thin steak topped with loads of cooked vegetables and cheese, are all the rage now in Canada. Naturally they originated in Philadelphia.

**MAKES 8 HALF SANDWICHES**

#### INGREDIENTS:

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 tsp crushed garlic
- 2 tsp brown sugar
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup sliced red bell pepper
- 1 cup sliced green bell pepper
- 8 oz grilling steak
- 2 oz grated provolone or Gruyère cheese (3/4 cup)
- 2 Tbsp lower-fat mayonnaise



Miniature New York-style cheesecakes.

- 3 Tbsp lower-fat sour cream
- 2 tsp grated horseradish
- 4 small whole wheat rolls (6-inch)

#### METHOD:

Preheat oven to 425°F. Line a baking sheet with aluminum foil.

1. In a large non-stick skillet sprayed with vegetable spray, heat the oil then add the onions. Sauté for 8 minutes on medium heat. Add the garlic, brown sugar, salt, pepper and bell peppers. Sauté for another 5 minutes. Keep warm.

2. In a hot non-stick grill or skillet sprayed with vegetable spray, cook the steak just until done to your preference. Cool for 5 minutes then slice thinly. Add to the vegetable mixture.

3. Combine the mayonnaise, sour cream and horseradish. Spread thinly



Rose's lower fat Philadelphia cheese steak.

over both sides of the rolls. Divide the mixture between 4 rolls, sprinkle with cheese and replace the top half of the bun. Slice in half. Bake for 5 minutes.

#### Miniature New York-style cheesecakes

These petite cheesecakes are perfect for one serving and leave none to go to waste. They use Splenda not sugar, so they are diabetic-friendly. Feel free to substitute sugar if you wish. They can also be served sooner than a regular sized cheesecake, since they don't need

the same amount of time to chill. Always be sure to bake the cheesecakes in a water bath — a pan filled with water — to keep them moist and to prevent them from sinking in the middle. Serve with fresh berries or a fruit-based dessert sauce. I often like to serve these with a drizzle of melted fruit sorbet, such as mango or raspberry.

**SERVES 12**

#### INGREDIENTS:

- 1 3/4 cups smooth 5% ricotta cheese
- 3 oz lower-fat cream cheese, softened

- 1/2 cup lower-fat sour cream
- 1 large egg
- 1 tsp pure vanilla extract
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- 3 Tbsp all-purpose flour
- 2/3 cup Splenda

#### Garnish

- Berries
- Icing sugar

#### METHOD:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper muffin liners.

- In a food processor, combine both cheeses, the sour cream, egg, vanilla, lemon juice, lemon zest, flour and Splenda and process until smooth and creamy. Divide the mixture among the prepared muffin cups.

- Set the muffin tin in a larger pan or baking sheet with sides. Pour enough hot water into the pan to come one-third to halfway up the sides of the muffin cups.

- Bake in the centre of the oven for 20 minutes.

- Remove the muffin tin from its water bath. Let the tin cool on a wire rack. Chill for one hour. Garnish with berries and icing sugar.

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SPECIAL FOCUS ON:

## Holiday beauty

21

# Health & Beauty

EDITOR: JENNIFER.PRITTI@METRONEWS.CA

## Pick a pretty palette

How to choose from among myriad options

JANINE FALCON  
for Metro Canada

Few of us girls can resist the lure of a little box full of pretty squares of colourful cosmetics, especially because they're priced so well. But when faced with the dazzling array of multi-hued makeup kits in stores today, how do you choose? Here are five key tips:

**Buy for love**

If among the glittering sea of choices one calls to you loudly, you have your palette answer. Whether it's because the kit is too darned cute, like Tsumori Chisato for Shu Uemura's Planet Cat Palette; killer in its colour range, like CAR-GO's Hands of Hope; or made by your go-to brand; snap up your favourite and don't look back.

**Consider what you need**

If you have a mascara you swear by, or already have great makeup brushes, you don't need a kit that includes them. If you're all about eyes or lips, targeted palettes such as Pupa's Diamond Palette or YSL's glam Your Lovely Palette Duo Lip Colour are all about you. If you're a traveller, look for a compact choice that has everything you need for a fresh face, such as Benefit's Celebutante makeup kit, or mark.'s Super Flip Color Kit of shadows, lipstick and gloss.

**Colour yourself happy**

Are you a neutrals girl or mad about colour? Do you want to keep things simple by focussing on eye colour, or choose your own makeup playground? Choices abound from Almay, Physicians Formula and Cover-Girl when it comes to amping up your eye hue, and Mary Kay Cosmetics offers the chance to create a personal choice with a Compact Pro palette.

**Try something new**

One of the best things about makeup kits this time of year is the chance to try a new brand at a fraction of what it would cost to buy all those shad-

ow/blush/gloss shades separate-



ly. Look to beauty meccas such as Sephora and Murale for tons of options from a range of companies, large and small.

**Surprise your budget**

Palette size doesn't always equal budget size! Look to Quo Cosmetics for covetable kits to suit a range of wallets, and Zellers now carries E.L.F., a super-affordable line that includes Beauty Encyclopedia kits of eye shadow or lip colour.

You can make your budget feel good with a given-

back purchase, too — anything from the Smashbox Wish collection sends \$1 to the Children's Miracle Network, and the M.A.C. Viva Glam Lip Kit donates every bit of the retail price to the M.A.C. AIDS Fund.

Of course these tips apply when it comes to giving palettes as gifts. They work as hints, too, if you're hoping to receive one.



Sephora Collection Blockbuster To Go, \$20, Sephora.



E.L.F. Lips Beauty Encyclopedia, \$10.99, Zellers.



QuoTreasureBox, \$35, Shoppers Drug Mart.



mark. Super Flip Color Kit, \$22, avon.ca.



Smashbox Eye Wish Palette, \$51, available exclusively at Sephora.

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# A fitting fragrance

Scent expert Marian Bendeth connects perfume with a wearer's personality

JANINE FALCON  
for Metro Canada



**When choosing perfume for yourself or as a gift for someone else, knowing your subject is key, says global fragrance expert Marian Bendeth, owner of Sixth Scents.**

Bendeth specializes in creating signature fragrance wardrobes by matching personalities to perfumes, an approach her experience has shown also corresponds to body chemistry. Nifty, yes? Here's her take on seven scents worth giving:

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• Chloé Intense, the most sensual of the Chloé scent range, is a floral oriental fragrance of rose, pink pepper and sandalwood. Bendeth pegs this for "a warm-hearted woman, worldly yet maternal, with a sunny nature and down-to-earth values." 50 ml, \$90 at drug and department stores as well as Murale.

• Eau Mega from designers Viktor & Rolf is a fresh green floral, with violet leaf, basil and pear, as well as invigorating lemon and aquatic notes. Bendeth profiles this wearer as understated and relaxed, yet detail-oriented and thorough. 50 ml, \$90 at The Bay.

• Féerie by Van Cleef & Arpels is a fanciful floral woody scent that beckons with violet, blackcurrant, Bulgarian rose and Egyptian jasmine. Bendeth characterizes this personality as exciting, highly creative

and larger than life. "Constantly busy, she creates her own magic — she's a woman a man has to keep up with," she says. 50 ml, \$145 at Murale, The Bay and Holt Renfrew.

• Idole d'Armani is a sparkling floral with a hint of spice, sophisticated and glamorous, without being overpowering. "The woman who wears this is self-assured and intuitive," says Bendeth. "She's a multi-tasker who loves to delegate and knows how to get things done." 30 ml, \$60 at department stores.

• Idylle is an ultra-feminine floral by Guerlain,

From left, Chloé Intense, Eau Mega by Viktor & Rolf and Lola by Marc Jacobs.



lush with rose, lily of the valley, peony, freesia, jasmine and lilac. Youthful and chic, it's a delightfully romantic fragrance (read: perfect for weddings) for the "savvy sophisticate who seeks out quality at every turn," notes Bendeth. 35 ml, \$82 at Guerlain boutiques and department stores.

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### HEALTHY SNACKING IS GOOD FOR YOUR TEETH

With the Holiday Season just around the corner, we know that a big part of the Season is Holiday partying. And with Holiday parties comes Holiday eating habits!

That means large amounts of rich, sweet, sugary foods. The kind of foods that, every year, leave us patting our stomachs and complaining about our waist lines.

But those sweet, sugary goodies are also bad for our teeth! Just because we may not be children anymore does not mean we get a free pass on eating candy!

We definitely do recommend trying to control your holiday snacking as much as possible. But we also know that chocolates and other goodies will get passed around at this time of year. What we need to do is make sure the other snacks we eat are good for our bodies and our teeth.

One simple tip to maximize the likelihood you are eating a healthy snack...eat lots of whole, unprocessed foods. No matter what vitamins, minerals, proteins or other supplements are added to processed foods, they are seldom as good for your oral and overall health as a simple, natural source food.

For instance, apples are an ideal



Dr. George Parry  
Dental Surgeon

NEW PATIENTS  
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themselves as a healthy snacking alternative. The reality is that they may not be as good as advertised. Protein bars are one you should be cautious of as these can be particularly problematic for dental health.

Many such bars are high in sugar to help make them taste better. Furthermore, they often have a very sticky consistency. The longer food sticks to your teeth, the more opportunity it has to cause tooth decay and gum disease. If such bars are part of your diet, make sure you are able to brush your teeth as early as possible after snacking.

As always, balance is key. Enjoy some of indulgences the Holidays have to offer, but balance that with healthy snack alternatives when you can. Most of the time, snacks that are good for the rest of the body are also good for your teeth...so bring on the apples and almonds!

And as part of your balanced approach, make time to visit your dentist over the holidays...just to make sure your teeth are in good shape. Because maintaining that healthy balance is a healthy habit...and healthier habits lead to healthier lives.

Dr. George Parry  
- Dental Surgeon

food in so many respects. They have a mildly acidic nature that helps promote healthy teeth, though we do recommend drinking some water after eating an apple to help remove the apple's natural sugars before they build up as plaque and start contributing to gum disease.

Assuming nut allergies are not a problem for you, almonds are another ideal snack. In fact, they are probably the healthiest of all nuts. They are a great source of protein and other nutrients which can help strengthen the entire skeletal system, including your teeth. We definitely recommend incorporating them into your daily snacking routine.

One thing to watch out for is processed foods that market

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ADVERTISING FEATURE

## GET YOUR WINTER SKIN PRIMED FOR HOLIDAY PARTY SEASON



Dr. Kucy Pon

It's here! We still haven't finished eating all of our leftover Halloween candies but the holiday season is fully upon us. Stores are piping through songs of good cheer, malls are getting busy with anxious shoppers and

kiddies are making their wish lists. It may be the most wonderful time of the year, but it's also the busiest what with all the gifts to purchase, homes to decorate, swish parties to attend, and whoops, winter skin to reveal.

That's right, summer may be a distant memory but the festive season gives us a chance to show off our skin in shoulder-baring dresses, cocktail attire and even strappy sandals with bare feet. A big change from the sweaters, puffy jackets and boots we've been donning so far.

The holiday season falls smack in the middle of Canadian winter so our skin is already dealing with the double assault of frigid temperatures and harsh, dry winter air outside and artificial heat inside. Add to that a steady diet of cocktails and rich food and the stress of the season can start to show up in our skin as well.

### IMMERSE YOURSELF IN A SKIN CARE REGIMEN

"By the time the holidays come around, we should already be well-immersed in a winter skin regimen that includes exfoliation and extra moisturization," says Dr. Kucy Pon, dermatologist and special consultant to Olay. "That way, you can help prepare skin's defenses for the stress of the season in advance."

What's that? You're just getting around to your winter skin regimen? No worries! Although it's a busy time, Dr. Pon likes to remind people that the holidays are also a time for pampering and treating ourselves: "It's a great time to give yourself a gift in the form of a special at-home skin care treatment or in-shower body treat," she says. But it's also important to keep your skin hydrated."

This includes using a good moisturizing lotion to keep dry skin at bay. According to Dr. Pon, "External elements such as cold temperatures and indoor heat can dehydrate the skin and wash away essential oils. A moisturizer performs several important functions including enabling lost water to be replaced and keeping it in the skin by the humectants it contains. A moisturizer also has an immediate effect in terms of making surface skin feel better," she adds.

### BREAK THE CYCLE OF DRY WINTER SKIN

This holiday season give your skin the clinical

'Get your winter skin primed for the holiday party season, and break the cycle of dry winter skin'

treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, Vitamin E and Niacinamide, Quench Advanced Relief is non-greasy and fragrance-free

### Keep Your Holiday Glow All Season

Dr. Kucy Pon, dermatologist and special consultant to Olay shares these five tips for glowing holiday skin:

#### 1. EXFOLIATE

Before hitting holiday parties, help remove dead skin cells off the face and body for a fresher, younger look.

#### 2. GROW YOUR GLOW

Start using a gradual sunless-tanning product a couple of weeks before your big events. They help provide increased colour each day for a natural look.

#### 3. MOISTURIZE

Take time to moisturize, especially areas that have been covered up for a couple of months like arms, elbows and legs. Time saving tip: Use a moisturizing body wash in the shower.

#### 4. DRINK LOTS OF WATER

Staying hydrated will help fight the double-whammy of late nights and alcohol.

#### 5. TAKE IT ALL OFF

We tend to wear more makeup during the holidays. When you're tired, a facial cleansing cloth makes quick work of this late night task. Keep some in your purse if you plan to refresh your makeup between work and parties.

# OLAY®

Joshua Jackson will head up the cast of the Robert Evans-produced film adaptation of the TV show *UFO*. Jackson will play Paul Foster, a test pilot who joins a secret organization based beneath a film studio and dedicated to fighting aliens. **EMPIRE ONLINE**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## DVD picks

### Angels & Demons

Director: Ron Howard

**IT'S A FUNNY** thing about Dan Brown's books. They make great beach reads, but transformed to the screen, at least under the direction of the utterly vanilla Ron Howard, they come across as almost laughable.

The best that can be said about *Angels & Demons* is that it's more of a conventional thriller and less talky than its predecessor *The Da Vinci Code*, and that Tom Hanks is no longer getting his hair cut at Fort Apache.

Harvard symbologist Robert Langdon (Hanks), first seen in *Da Vinci* (although technically this one is the prequel), is the

butter knife of action blades. He's a man so bland and nerdy, not even Tom Hanks' acting prowess can enliven him.

*Angels & Demons* concerns a plot to blow up St. Peter's Basilica hatched by a secret society of Catholic fanatics called the Illuminati, who harbour a 200-year-old grudge.

Their weapon is a battery-powered anti-matter canister. Illuminati are also threatening to kill four top cardinals, one per hour, leading up to midnight.

An eyeball-rolling prologue sets up the film's science vs. religion subtext in the midst of an eyeball-gouging murder.

Peter Howell/for Metro Canada

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metro

## Acting honour

Rachel Weisz took top acting honours and Ian McKellen was recognized for a half-century at London's Evening Standard Theatre Awards.

THE ASSOCIATED PRESS



# The king of comedy

Director Judd Apatow gets personal with Funny People

PHIL BROWN  
for Metro Canada

**Whether examining 40-year-old virgins, high school freaks and geeks, or neurotic comedians, writer/director Judd Apatow has proven himself to be a rare commodity in Hollywood: A comedy auteur with a personal vision that translates into box office success.**

Over the last few years, Apatow has climbed to the peak of Hollywood comedy with films like Knocked Up that are as touchingly honest as they are gut-burstingly hilarious (the man can write a good fart joke when needed).

He has seduced audiences with his patented combination of dirty jokes and personal confession and Apatow's latest movie just might be his most personal project yet.

"I always wanted to do a movie about comedy because there are almost no movies about what it's like to be a comedian that work well," Apatow told Metro. This desire led to Funny People starring Seth Rogen as a struggling standup comedian who is taken under the wing of an abusive comedy superstar played by Adam Sandler.

It's a very personal story derived from Apatow's early years as a standup and his longtime friendship with Sandler.

Apatow has been planning the project for years and the director quips that it may have run his tank dry: "I like making movies where I reveal myself and share my life experience, but I may be out of life ex-



Judd Apatow's latest movie Funny People — now on DVD — stars Seth Rogen as a struggling standup comedian who is taken under the wing of an abusive comedy star played by Adam Sandler.

perience at this point. So, the next movie might be about an Eskimo. That might be all I've got."

As with all of the director's work, Funny People comes to DVD with an extended cut of the movie along with hours of deleted scenes and outtakes.

"I always tell the staff if they let me overshoot, there will be great stuff for the DVD," admits Apatow, who enjoys sharing extra material with home audiences. "You don't want to ruin the movie, but it is a different experience at home. You can pause when you have to go to the bathroom and don't mind that it goes a little bit longer."

"People grow up and want to do other things," admits the director. "It's hard to keep Eric Clapton

With the bladder-busting constraints of the theater gone on DVD, audiences will get a chance to see even more of Apatow and his talented band of comic actors at work.

Recently Apatow has seen his stable of comedic actors like Seth Rogen, Paul Rudd, and Jason Segel become huge stars and while he enjoys their success, he admits that their collective fame might put an end to the ensemble.

"I don't have any ideas, so I'm trying to sleep for a while. For the sake of actually knowing who my children are, I want to rest and put some things into my brain rather than just taking things out of my brain."

Funny  
People is  
on DVD  
today

in *Blind Faith*. At some point he wants to go play with somebody else. But I hope that periodically we'll all get the chance to keep working together."

While other members of his comedy crew have plans to create their own projects, Judd Apatow just plans to take a break for now.

"I don't have any ideas, so I'm trying to sleep for a while. For the sake of actually knowing who my children are, I want to rest and put some things into my brain rather than just taking things out of my brain."

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**Fox shows up at Parkinson's event**

Michael J. Fox surprised fans at a Parkinson's Disease event on Saturday by performing alongside rockers Steven Tyler, Roger Daltrey and Elvis Costello. The Back to the Future star suffers from the disease. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Jackson's final Opus

New book looks at the man behind the music

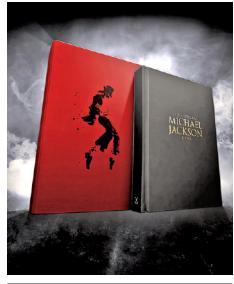
**Artist Nate Giorgio recalls the last time he saw Michael Jackson, just days before the singer's death.**

The pop icon wanted Giorgio to create dazzling murals of his children as well as artwork for his This Is It concerts, and Giorgio got out his pen during their talks.

"I was doing little drawings on the spot of him, and he loved it," says Giorgio of his black-and-white sketches. "He was great, he was really excited."

Those never-before seen sketches, as well as other rare artwork and photos of Jackson, are now part of a lavish new leather-bound book, The Official Michael Jackson OPUS, out Dec. 7.

The book, the only publication officially sanctioned by Jackson's estate, not only contains unseen images of perhaps the world's most famous face, it also has essays about the superstar written by friends and those who worked with Jackson over the years, from Motown founder Berry Gordy and Paula Abdul to John Landis and



**"It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."**

Jeff Wald, president of OPUS Media Group

David Blaine.

While many Jackson books have been printed since Jackson's June 25 death at age 50, Jeff Wald, president of OPUS Media Group, which published the book, says his stands

out.

He and his team decided "this would not be a red carpet sound bite kind of a book," he says. "It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."

To that end, OPUS executive vice-president Jordan Sommers elicited essays that weren't quite tributes, but personal reflections. Some talk about Jackson the jester; others recall his artistic genius; still others reflect on his friendship.

"There's a lot of information from the book that comes directly from sources that will clear up a lot of misconceptions," he says. "There are stories told directly from the likes of Smokey Robinson (and others) that they've never told before."

The photos, some of which were provided by friends like Gordy, range from Jackson's childhood to his many transformations as an adult.

THE ASSOCIATED PRESS

## High School Musical on its way to China

**FILM INDUSTRY** How do you say school's out in Chinese?

Disney is recreating its hit franchise film High School Musical in the East as it turns its attention to the millions of teenagers in the massive China market.

The announcement comes just weeks after the Burbank, California-based company said the Chinese government has approved plans for a Shanghai theme park.

Disney High School Musical: China will be a story of two friends who overcome odds to win an inter-school singing competition.

It marks Disney's third co-produced film in China after The Magic Gourd in 2007 and this year's Trail of the Panda.

THE ASSOCIATED PRESS

## Kenya's Style

**Kenya Hunt**

Exclusively at [metronews.ca/globalstyle](http://metronews.ca/globalstyle)

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/24/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin	East West 101 (N)	Darwin & The Tree of Life	Agenda-Paikin		
	211	331	3	GTV	ET Canada	Entertainment	NCIS: Child's Play (N)	NCIS: Los Angeles (N)	The Good Wife (N)	News Final		
	-	-	3RC	Virginie (SC)	La Faute	Le Grand Rire 2009 (N) (SC)	Aveux (N) (SC)	Le Téléjournal Nouvelles. (SC)	La Zone (SC)	Comedy Now		
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)	(9:01) Dancing With the Stars Winning couple.	Wife Swap	CTV News		
	196	311	7	CTV	etalk	Hollywood	V (HDTV) (N)	Being Erica (N) (DVS)	CBC News: The National	The Hour		
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer (22 Minutes (N)	The Jay Leno Show (N)	Wipe Out	News		
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)	TVA nouvelles (10:45)	Denis Lévesque			
	117	713	10	TVA	Les Gags	Occupation	Caméra café	La Promesse (HDTV) (N) (SC)	Pratique privée (N) (SC)	Villages	Construction	
	-	-	11	OS	Bienvenue	Rire et délire	Les Anges millionnaires	TVA nouvelles	Wipe Out à 5 (N)	Two/Half Men		
	137	763	12	TFO	Panorama		Un monde de passions	Dans Paris *** (2006, Drama) Romain Duris.	Attaque à 5 (N)	Two/Half Men		
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS: Child's Play (N)	NCIS: Los Angeles (N)	The Good Wife (N)	Two/Half Men		
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	TBA	
	214	344	15	CITY	Law & Order: SVU		The Biggest Loser (N)	Tomcats * (2001, Comedy) Jerry O'Connell, Jake Busey.	The Jay Leno Show (N)	News		
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)	Vivere V	The Simpsons	King of the Hill	Metropia	
	218	345	18	CH2	Best in Show ***	(2000, Comedy) Michael Hitchcock	Tomcats * (2001, Comedy) Jerry O'Connell, Jake Busey.	Frontline (N) (DVS)	King of the Hill	Metropia		
	-	361	20	ABC	Action News	Entertainment	V (HDTV) (N)	(9:01) Dancing With the Stars Winning couple.	Playing for the World	Charlie Rose		
	512	396	24	CPAC	La Période de questions	Heure polit.	L'Heure politique (SC)	CBC News: The National	CTV News	News		
	651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	This Is Day	John Hagee		
	-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance (HDTV) (N)	Frontline (N) (DVS)	FOX 2 News (N)	News		
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (N) (DVS)	Frontline (N) (DVS)	Playing for the World	Charlie Rose		
	205	312	104	CTV	etalk	Hollywood	V (HDTV) (N)	(9:01) Dancing With the Stars Winning couple.	Charlie Rose	Metropia		
	502	390	26	NW	Connect Today's biggest stories. (N)			CBC News: The National	CBC News: the fifth estate	Metropia		
	500	500	33	CNN	CNN Tonight		Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	National		
	406	417	27	net	UEFA Champ.	UEFA Champions League Soccer teams TBA.			SportsNet Connected	Prime Time		
	126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal		
	400	280	30	TSN	That's Hockey!	NHL Hockey Columbus Blue Jackets at Montreal Canadiens. (Live)			SportsCentre (HDTV) (Live)			
	410	403	52	SCR	NBA Basketball Indiana Pacers at Toronto Raptors. (Live)			Court Surfing	NBA news, scores and highlights.	Score Now		
	411	457	56	OLN	Ghost Hunters International	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters International	Bounty Hunter		
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)	Super Bikes!	Jacked!	Jacked!	Pass Time	
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	Latest Buzz	Ned's School	Cory in House	Robot Chicken	
	557	540	51	FAM	Sonny Chance	Zack & Cody	Oversold!	Han. Montana	Wizards-Place	Cory in House	Robot Chicken	
	551	542	65	YTW	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	Simple Rules	Family Biz	Adrenaline Project	
	570	580	29	MM	The Daily Fix		Ranked!	I Want to Work for Diddy	Prank Patrol	Entourage	mmtop10.ca	
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)	Hoarders "Patty; Bill"	Hoarders "Tara; Betty"	Entourage	mmtop10.ca	
	628	584	32	SPKE	UFC Unleashed		Ultimate Knockouts 6	Super Dave	Ultimate Knockouts 5	Super Dave	Hoarders	
	521	560	34	TLC	Jon & Kate Plus 8	Table for 12	Table for 12	18 Kids-Count	Little Couple	Little Couple	Table for 12	
	145	761	35	TV5	Zoom animal	Pékin express			Avenir (HDTV)	Hors série	TV5 Le Journal	
	616	521	36	SHO	The Outer Limits		The Perfect Assistant (2008, Drama) Rachel Hunter.		Bones (HDTV)	NCIS		
	620	523	40	BVO	Death and the Maiden		Live at the Rehearsal Hall	Bruce Cockburn	Cantata for the King	Law & Order		
	520	505	42	DIS	Daily Planet	How It's Made	How It's Made	Destroyed	Time Warp (N)	Daily Planet		
	575	583	43	CMT	Funnest Home Videos	Reba	Reba	According-Jim	Home Improve.	Home Improve.	Wilsons	
	601	562	45	SLC	Rich Bride, Poor Bride	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	
	625	548	46	COM	Air Force	22 Minutes	Corner Gas	Name is Earl	The Simpsons	Blue Collar TV	Daily Show	
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Sister Act * * (1992, Musical Comedy)	Sister Act * * (1992, Musical Comedy)		
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	Holmes-Homes	
	627	528	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager		Medium (HDTV) (N)	Fringe "August" (N)	InnerSpace (N)		
	581	566	51	MTV	Peak Season	After	Super Sweet	The City	The City	The Hills	MTV Live	
	618	524	54	TROP	'70s Show		The Outer Limits	ET Canada	Switch	After	MTV Live	
	522	506	55	HIS	Ancient Discoveries	Cities of the Underworld	Cities of the Underworld	Family Guy	'70s Show	'70s Show		
	129	773	60	CD	Biographies "Jason Priestley"	Mayday "L'attaque fantôme"	Images-chocs	Les Procureurs	Leçon d'anat.	Leçon d'anat.		
	261	394	61	V	Murder, She Wrote	Hallelujah!	Dinnerladies	Inherit the Wind *** (1960, Drama) Spencer Tracy, Gene Kelly.				
	602	567	62	W	Old Christine	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked	Younger	
	269	350	70	APTN	Fish Out of Water	Mixed Blessing	Cashing In	The Time Traveler	Blackstone "Pilot" (N)	Short Cuts		
	621	527	71	TLK	Look-A-Like	TMZ	Rabbit Fall		The Dr. Oz Show (HDTV)	TMZ		
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover	The F Word (N)	Good Eats	Good Eats	Iron Chef Am.	

**cable variety**

## U2 signs on to headline Glastonbury festival

**MUSIC** Organizers say U2 will headline Glastonbury, Britain's leading summer music festival.

Festival boss Michael Eavis said yesterday that the Irish rockers will play the festival's main stage on June 25. It will be U2's first ap-

pearance at the event, and comes as Glastonbury celebrates its 40th anniversary.

Eavis said he was delighted to have "the biggest band in the world" in the lineup — and the mud that overwhelms the site in rainy years.

**entertainment 25**



Glastonbury was founded in 1970 and is held on Eavis' farm in southwest England. It is famous for its eclectic lineup — and the mud that overwhelms the site in rainy years.

THE ASSOCIATED PRESS

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## critics' corner

### Inherit the Wind

Courtroom titans clash over evolutionary theory in this still-gripping 1960 retelling of the Scopes "Monkey" Trial of 1925, as adapted from the hit play. Spencer Tracy gives an Oscar-nominated performance as the defense attorney; Fredric March portrays the prosecutor. Gene Kelly also stars as a journalist. 9 PM on 61 V

### NCIS

Gibbs and his team are forced to put their Thanksgiving plans on hold after the horrific death of a Marine leads them to a government think tank that employs child prodigies, where a 12-year-old might be the killer's next target in the new episode "Child's Play." 8 PM on 13 CBS 3 GTV

### The Good Wife

Alicia must navigate carefully through the minefield of office politics when she's assigned to represent a partner in the firm on a charge of driving under the influence. Meanwhile, she starts to question whether Peter is guilty of corruption in this new episode. 10 PM on 13 CBS 3 GTV



Jennifer Lopez took a spill during her performance at Sunday's 2009 American Music Awards. While performing her new song Louboutins, she climbed a stair of dancers and jumped off — landing on her butt instead of her feet. [POPEATER.COM](#)

## Celebrity Buzz

## Lambert blasts his AMA critics

**A KISS IS JUST A KISS?** Adam Lambert is making no apologies for his racy performance during Sunday's American Music Awards, usmagazine.com reports.

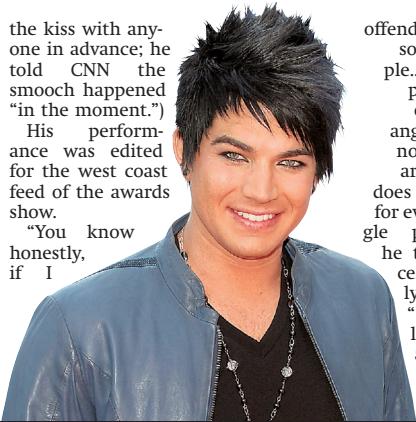
While closing the show with his new single For Your Entertainment, the American Idol alum, 27, simulated fellatio with a male dancer, kissed straight male keyboardist Tommy Ratliff, grabbed his crotch and flipped off the crowd.

(According to Rolling Stone, Lambert didn't clear

the kiss with anyone in advance; he told CNN the smooch happened "in the moment.")

His performance was edited for the west coast feed of the awards show.

"You know honestly, if I



offended some people... it's apples and oranges. I'm not an artist that does things for every single person," he told Access Hollywood. "I believe in artistic free-

dom and expression, I believe in honoring the lyrics of a song, and those lyrics aren't really for everybody either."

He also said he considered editing his performance "discrimination."

"There's a big double standard, female pop artists have been doing things provocative like that for years, and the fact that I'm a male, and I'll be edited and discriminated against could be a problem," he explained.

METRO NEWS SERVICES

## Are Brangelina adding to their family brood?

**THE BRANGIE BUNCH** Rumors have been circulating that Brad Pitt and Angelina Jolie are planning to expand their family with another adoption, possibly from Syria or Jordan. Now the famous parents are only helping fuel speculation.

The pair hit the Los Angeles Museum of Contemporary Art last week, where Jolie said, "I'm al-

ways thinking about it. I would love to," when asked about adopting another child, according to Hello magazine. Brad even chimed in, adding, "Yeah, you never know."

METRO WORLD NEWS



## Celebrity tweets

**John Mayer** is looking to the future, **Demi Moore** is sick of all the talk about her W cover photo, **John McCain** is gearing up for battle, and **Kirstie Alley** will be with you in a moment.



• @johncmayer I'm the George W. Bush of love: I may not have anything to show for myself now, but history will prove me a hero.

• @mrskutcher U know what is obscene is U judging what is my actual shape!

• @SenJohnMcCain getting ready to vote on the "health care reform bill" at 8pm. D's have the votes but the fight as just begun.

• @KirstieAlley Just pulled up to starbucks. So sorry. Please hold on.

METRO WORLD NEWS

## Efron sets sights on 007

**DREAMS OF BOND-AGE** Zac Efron knows what he wants to do next as an actor, and he's not shy about sharing. "I'm a huge James Bond fan. I'd love to be a Bond baddie," he tells Absolute Radio. The Me and Orson Welles star also admits he's eager to star in a remake of The

Graduate, though there's no project in the works just yet. "I'm still waiting for that script and that director." METRO WORLD NEWS

## Winehouse set to remarry ex-husband?

**BACK TO BLAKE** Amy Winehouse and Blake Fielder-Civil are reportedly planning on tying the knot again in three months. Winehouse stepped out Friday wearing what looked like an engagement ring, and now Fielder-Civil is spilling the beans about the plans, according to News of the World.

"We both know we've only ever been divorced on paper. This is the right thing to do," he told a pal.

METRO WORLD NEWS

## Mayer decries dating woes

## YOU SHOULD HEAR HOW THE WOMEN DESCRIBE IT

John Mayer admits that all the attention he's gotten from the media since he's become a successful musician has made dating more difficult.

"It's crazy to me that in my head, that being 32 and dating women is going to get me in trouble," he tells the New York Times.

"I can't even explain to you how terrible that feels, that I equate dating a woman with punishment, shame, guilt, disappointment, reproach, reprimand, persecution.

"It's a nightmare."

METRO WORLD NEWS

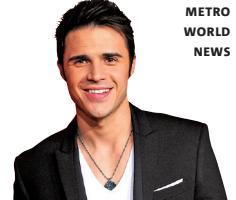


## 'No furniture' for Allen's new digs

**EMPTY NEST** Though newly minted American Idol winner Kris Allen is basking in the joy of releasing his self-titled debut, there is one thing missing in his life, people.com reports.

"Furniture," the singer, who just moved into a new home in Los Angeles with wife Katy, told People at the American Music Awards on Sunday.

METRO WORLD NEWS



## MJ doctor back to work

## COUNT ON SHORT WAIT

**TIMES** Conrad Murray, the doctor who was administering to Michael Jackson at the time of the singer's death, is back at work, his lawyer tells TMZ. Murray resumed operations yesterday at the Armstrong Medical Clinic in Houston,

which he hasn't worked out of since it was searched by police on July 22. Murray is also dealing with the fallout of a recent court dispute with his ex-wife in which a judge ordered that he'll go to

jail if he doesn't pay the \$1,000 in child support he owes, according to the Web site.

METRO WORLD NEWS



**FIGHT ON, BRAVE SOUL.**  
GET THROUGH THE SEASON HALLS





Today  
Variable  
6° / 0°

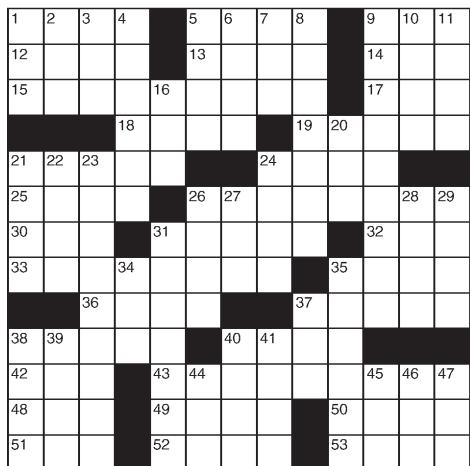
Wednesday  
Variable  
5° / 3°

Thursday  
Cloudy  
9° / 3°

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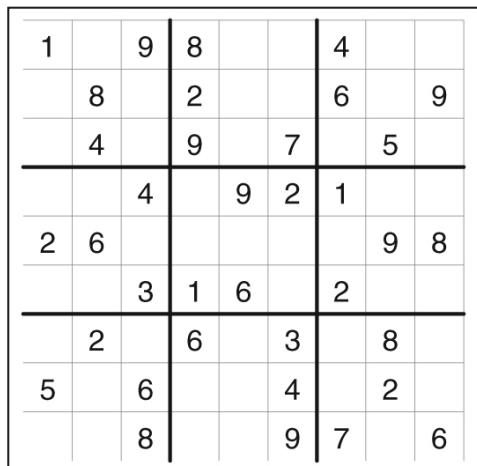


For more delicious Metro recipes, visit: metronews.ca/food

**Sudoku**

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**

1 Apartment  
5 Uppercase letters  
9 Skirt edge  
12 Soda pop favorite  
13 Chills and fever  
14 Eggs  
15 Small storage space  
17 Morsel  
18 Monarch  
19 Black fur  
21 Frequently  
24 Grant of Hollywood  
25 Heavy cart  
26 Just looking  
30 Brylcreem quantity  
31 Rosary components  
32 Vast expanse  
33 Writ to appear in court  
35 Celebrity  
36 Part of MYOB  
37 Failing the white-glove test  
38 Bygone AMC car

40 Complain repeatedly  
42 Greek H  
43 Hair holders  
48 Kitchen item  
49 Hersher of baseball fame  
50 Appearance  
51 Type squares  
52 — a soul (nobody)  
53 A deadly sin

**DOWNS**

1 Radio watchdog org.  
2 "Skip to my —"  
3 Priestly vestment  
4 Q's neighbor, to a typist  
5 Songwriter Sammy  
6 Enthusiastic, plus  
7 Afghani coin  
8 Teeter-totters  
9 Collectors, often  
10 Satan's specialty  
11 Partner  
16 Yang counter-

part  
20 — "Poetica"  
21 Tote-board info  
22 Herr's spouse  
23 Toms' companions  
24 Last several notes  
26 Tailgate party essential  
27 Skedaddled  
28 Spruced up  
29 Oldman or Sinise  
31 Kentucky potable  
34 "The Raven" writer  
35 Limber  
37 Parched  
38 Cartoon skunk Le Pew  
39 Tiny bit  
40 Trucker with a radio  
41 With skill  
44 "... man — mouse?"  
45 Charged particle  
46 Thanksgiving time (Abbr.)  
47 Firmament

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

JUDO	R E V	U R S A
IRON	W A R E	N E A R
MIS	T A K E N	C A R E
I R E	U T O	O P I A
SLUMP	T S A R	
H O S E	T H I C K E N	
HUE	K A R A T	M O P
D R U N K E N	S I T E	
V I E W	O T T E R	
MAPUTO	C U R	
A W O L	F O R S A K E N	
N A P A	F R E E P O R T	
E Y E S	S E W	S I G H

5	3	9	4	7	1	6	2	8
2	6	7	3	5	8	9	1	4
4	8	1	6	2	9	3	5	7
6	5	8	1	9	4	7	3	2
1	7	3	5	6	2	8	4	9
9	2	4	7	8	3	1	6	5
3	4	2	8	1	7	5	9	6
8	9	6	2	3	5	4	7	1
7	1	5	9	4	6	2	8	3

**On the web**

For more games and 60 additional daily cartoon strips, visit metronews.ca

**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)

**ARIES**  
**MARCH 21-APRIL 20**

Your confidence is on the rise, but it will rise even more if you resolve not to get anxious about developments on the work front.

**LIBRA**  
**SEPT 23-OCT 23**

Your mind is having to deal with so many issues at the moment that it's no wonder you feel a bit confused.

**TAURUS**  
**APRIL 21-MAY 21**

A parting of the ways may be necessary today, but don't get too emotional about it because it is only a temporary split.

**SCORPIO**  
**OCT 24-NOV 22**

Something you have been planning is going to cost more than you expected but you won't know how much more until the turn of the month.

**GEMINI**  
**MAY 22-JUNE 21**

You may be tempted to take things easy, especially if you have been pushing yourself hard. You are advised to keep the momentum going a bit longer.

**SAGITTARIUS**  
**NOV 23-DEC 21**

The Sun in your sign links with Saturn, planet of limitation, today. If you understand that you need a bit more discipline it could be a very good thing.

**CANCER**  
**JUNE 22-JULY 22**

New tasks and responsibilities may be eating into your time and making it harder to enjoy yourself but that's not necessarily a bad thing.

**CAPRICORN**  
**DEC 22-JAN 20**

You seem rather unsure of yourself at the moment, especially on the work front where you are beginning to have doubts.

**LEO**  
**JULY 23-AUG 23**

There is a great deal of excitement in the air at the moment and you can sense that life is going to be a lot more fun over the next few weeks.

**AQUARIUS**  
**JAN 21-FEB 18**

Others are pressuring you to commit yourself to something you are not entirely sure is what you want to be doing.

**VIRGO**  
**AUG 24-SEPT 22**

Today your feelings are likely to be more intense than usual, so be on your guard and make sure you don't make any silly promises or proposals.

**PISCES**  
**FEB 19-MARCH 20**

The Sun aspects Saturn today and you could hardly ask for a better set-up. You will be challenged but the bigger the challenge the more you will enjoy it.

**TAKE A BREAK FROM WORK**

Visit metronews.ca to watch  
**metrotube** of the day

**This day in history**

**1859:** Charles Darwin publishes On the Origin of Species.  
**1963:** Lee Harvey Oswald is fatally shot by Jack Ruby in the basement of Dallas police department headquarters. The shooting is broadcast live on television.  
**1966:** New York City experiences the smoggiest day in the city's history.  
**1974:** Donald Johanson and Tom Gray discover the complete Australopithecus afarensis skeleton, nicknamed "Lucy" after The Beatles song Lucy in the Sky with Diamonds, in the Awash Valley of Ethiopia's Afar Depression.

METRO NEWS SERVICES

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ICO

**Take Five****Metro Recipe of the Day****Chunky Vegetable Fricassee**

remainder into sour cream. Mix in eggs. Season to taste with ground black pepper. Mix in cooked vegetables, then transfer to warm, greased, shallow ovenproof dish.

3. Mix bread sticks with reserved grated cheese and chopped nuts, then scatter over vegetables.
4. Bake on top shelf of oven 12-15 minutes or until golden and slightly puffed.

**SERVES 4****rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





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Ocean Sky  
Hotel & Resort • 3★  
Hotel rm.  
Jan. 11, 17 - 19 & 25 • 3 nts.

**\$599**

+Taxes & other fees  
(including service charges): \$115

**Samana via Toronto**  
Gran Bahia Principe  
El Portillo • 4 1/2★  
All-Inclusive • Standard rm.  
Dec. 19 • 1 wk.

**\$999**

+Taxes & other fees  
(including service charges): \$317

**La Romana via Toronto**  
Gran Bahia Principe  
La Romana • 4 1/2★  
All-Inclusive • Junior suite  
Dec. 19 • 1 wk.

**\$999**

+Taxes & other fees  
(including service charges): \$317

### Santa Clara

Barceló Cayo Santa María  
Beach Resort • 4★  
All-Inclusive • Junior suite  
Jan. 10 & 17 • 1 wk.

**\$999**

+Taxes & other fees  
(including service charges): \$212  
Departure tax: 25 CUC cash, paid locally

**Sol Cayo**  
Santa María • 3 1/2★  
All-Inclusive • Standard rm.  
Dec. 20 • 1 wk.

**\$1059**

+Taxes & other fees  
(including service charges): \$212  
Departure tax: 25 CUC cash, paid locally

### Jamaica

Sunset Jamaica Grande  
Resort & Spa • 4★  
All-Inclusive • Standard rm.  
Jan. 2, 9, 23 & 30 • 1 wk.

**\$1199**

+Taxes & other fees  
(including service charges): \$265

### Jamaica

Gran Bahia Principe  
Jamaica • 4 1/2★  
All-Inclusive • Junior suite  
Jan. 2, 9, 23 & 30 • 1 wk.

**\$1299**

+Taxes & other fees  
(including service charges): \$265



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All Seasons  
Paris Gare Est • 3★  
Breakfast • Standard rm.  
Jan. 19, 20 & 21 • 4 nts.

**\$597**

+Taxes & other fees  
(including service charges): \$336

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+Taxes & other fees  
(including service charges): \$262



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**Beach View • 3★**  
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+Taxes & other fees  
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